

37TH TRANS GROUP

HEAT INJURY PREVENTION

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With daytime temperatures reaching above 100 °F, some of our fellow 37th Transportation Group Soldiers have suffered mild cases of heat related injuries. One Soldier was cutting and welding outside in an open area for a good portion of the day, and thought he was drinking enough water. Another was feeling sick to her stomach that day, not drinking much water, and did not tell anyone. When later assigned to some heavy physical work, she still did not tell anyone of her condition and subsequently suffered a heat injury. Another Soldier demonstrating new body armor also showed symptoms of a heat injury. The Soldier thought he was drinking enough fluids in the form of sugary fruit drinks, and did not eat much that day. Unfortunately, sugary drinks tend to dehydrate rather than hydrate you, and this in combination with not eating caused the Soldier to feel ill.

All of the above mild heat injury episodes could have easily been prevented. When working outside in hot weather drink more water than you think you need, eat regularly to replace nutrients lost from sweating, and don't do strenuous work if you are not feeling well. Sports drinks such as Gatorade are also a good source for nutrients lost due to sweating, so one or two on a hot day is OK, but make water your main hydrating fluid and keep eating meals regularly.

On the backside of this SAFETYGRAM are Army Heat Injury Prevention Program tips. Share them with your Leaders and Soldiers now to head off any further heat injuries. Also, don't forget to identify and manage Soldiers with previous heat injuries, as they are more

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ARMY HEAT INJURY PREVENTION PROGRAM

Prevention Works

Drink:

- Drink enough water to replace your sweat losses.
- Don't wait to feel thirsty, your body may need water before you feel thirsty.
- Remind your buddy to drink. Get refills at every opportunity.
- Look at your urine. If it is dark, if you have not urinated, you need to drink more.

Eat:

- Eat meals to replace salts. Drinking too much water and not eating enough salt may be fatal.
- Do not follow low calorie diets while training or working in a hot environment.
- DO NOT take any dietary supplements containing ephedra (ma-huang) AT ANY TIME.

How to Spot Trouble

Notify Battle Buddy or Supervisor if you are:

- Dizzy.
- Have a headache.
- Feel nauseated or have vomited.
- Feeling very tired or weak.
- Feeling confused, or your buddy notices you are "acting differently."
- Sick or were sick yesterday.

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